

PERSONAL TELEPHONE NUMBERS

911

Police/Fire
Paramedics
Highway Patrol

DOCTOR

DENTIST

PHARMACY

SENIOR CENTER

NEIGHBOR

NEAREST RELATIVE

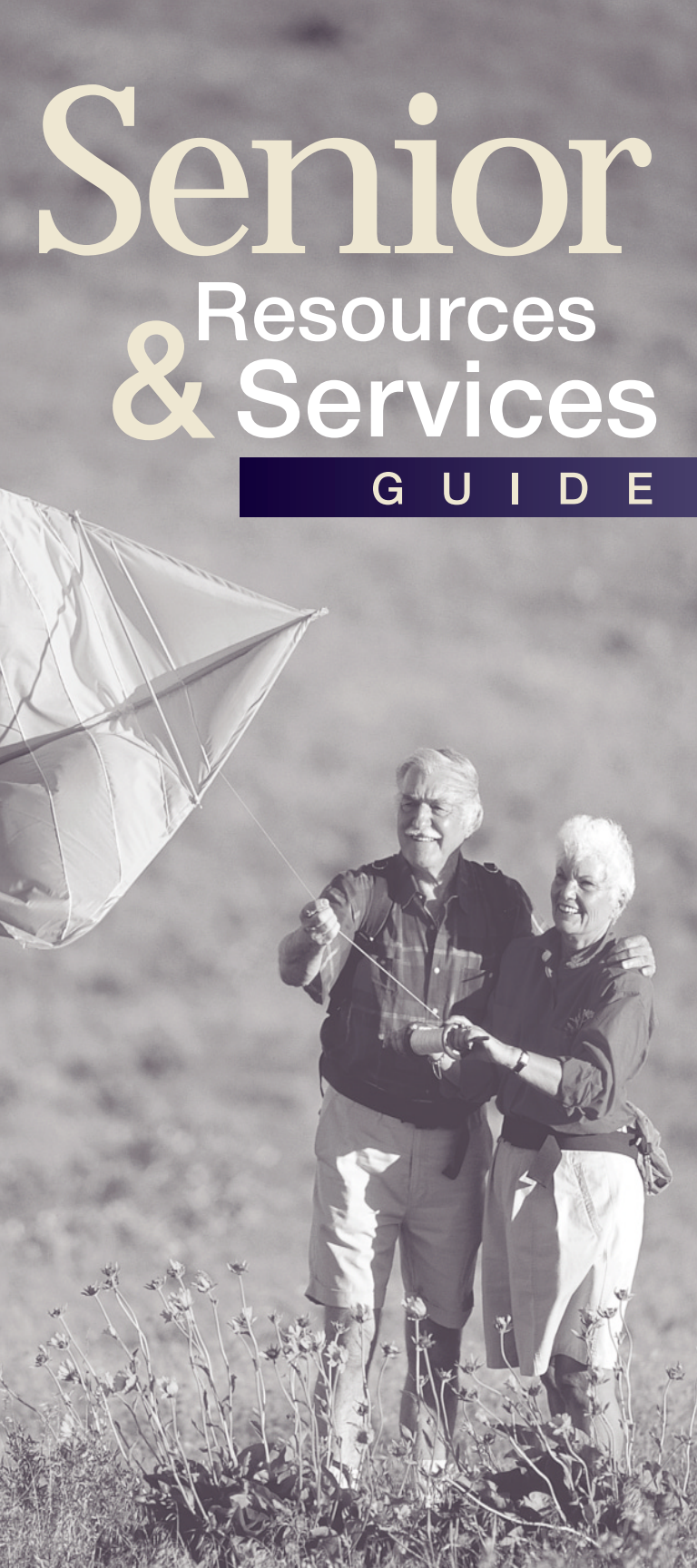
Nicole M. Parra

Assemblywoman, 30th District

Capitol Office:
State Capitol, P.O. Box 942849
Sacramento, CA 94249-0030
(916) 319-2030 • Fax: (916) 319-2130

District Offices:
601 24th Street, Suite A
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(661) 334-3745 • Fax: (661) 334-3796
321 N. Douty Street, Suite B
Hanford, CA 93230
(559) 585-7170 • Fax: (559) 585-7175

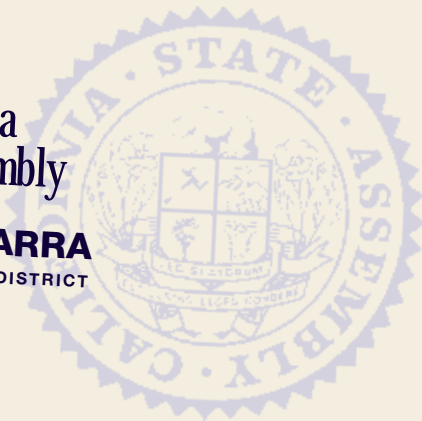
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Senior
Resources
& Services
GUIDE

California
State Assembly

NICOLE M. PARRA
THIRTIETH ASSEMBLY DISTRICT



Dear Friend:

One in every nine Americans today is 65 years of age or older. The population of individuals 55 and over is growing at a rate approximately twice that of other age groups. The programs listed in this brochure are specifically designed to be of benefit to the senior population of the 30th Assembly District.

People often feel powerless in dealing with the bureaucracy because they don't know where to go to get a problem solved. Hopefully, this pamphlet will be of assistance in describing some of the services available and where to get them.

If there is any way that I can further assist you in dealing with government agencies, please don't hesitate to contact me — it would be my privilege to help.

Sincerely,

Nicole M. Parra
Assemblywoman, 30th District

Senior Community Resources and Services in Kings County

ADVOCACY SERVICES

- Kings County Public Guardian 1-559-582-3211 x 2658
- Kings/Tulare Long Term Care
Ombudsman Program 1-559-583-0333
- State of California
Commission on Aging 1-916-322-5630
- State of California
Department of Aging 1-916-322-5290

COUNSELING SERVICES

- Kings County
Commission on Aging 1-559-582-3211 x 2828

EDUCATION & CAREER SERVICES

- AARP 1-559-625-8088
(Senior community service employment program)

GOVERNMENT OFFICES

- California Attorney General's Office,
Public Inquiry Unit 1-800-952-5225
(Reviews consumer complaints)
- California Department of
Consumer Affairs 1-800-952-5210
(Receives and investigates complaints)
- Contractors' State License Board 1-800-321-2752
- Franchise Tax Board,
Personal Income 1-800-852-5711
- State Controller 1-916-445-2636
- U.S. Consumer
Product Safety Commission 1-800-638-2772

HEALTH SERVICES

- American Cancer Society 1-559-584-6691
- California Department of
Alcohol and Drug Programs 1-800-879-2772
(Prevention, information and referral)
- Denti-Cal 1-800-322-6384
(Information on Medi-Cal dental benefits, referrals,
Medi-Cal dentists)
- Health Insurance Counseling and
Advocacy Program (HICAP)
Kings/Tulare Area Agency on Aging ... 1-800-510-2020
- Kings County Crisis
Mental Health Hotline 1-559-582-4481
After hours 1-800-655-2553
- Kings County Senior Peer
Counseling Program 1-559-582-3211 x 2825
- Kings View Counseling 1-559-582-4481
Nights 1-559-582-4484
- Preventative Health Care for the Aging
Kings County Department
of Public Health 1-800-649-5399

- Nursing Home Complaints
Fresno County Licensing
and Certification 1-559-437-1500
- Senior Wellness P.H.C.A. 1-800-649-5399
(Nurse assessment and screening services for seniors)
- Social Security..... 1-800-772-1213
TDD 1-800-288-7185

HOUSING/UTILITIES ASSISTANCE

- California Department of Housing and
Community Development 1-800-952-8356
- Fair Employment and Housing Department
Housing Unit 1-800-233-3212

- Housing Authority of Kings County 1-559-582-3120
(Handles applications for senior housing)
- SBC - Universal Life Line Services
(Qualified limited income) 1-800-310-2355
- U.S. Department of Housing and Urban Development
Housing Discrimination Hotline 1-800-669-9777
- Verizon – Universal Life Line Service 1-800-483-4000
(Qualified limited income)

IN-HOME SUPPORT SERVICES

- Braille and Talking Book Library 1-800-952-5666
(Provides a free tape player and free delivery of books
on tape to seniors)
- California Relay Service (CRS)
(Relays calls between TDD and voice)
TDD to Voice 1-800-735-2929
Voice to TDD 1-800-735-2922
- Kings County
Human Services Agency 1-559-582-3211 x 2325
- Pacific Bell Deaf and
Disabled Services 1-800-772-3140

LEGAL & TAX SERVICES

- California Attorney General
Public Inquiry Unit 1-800-952-5225
- Adult Protective Services
Kings County Department of
Social Services 1-559-582-3211 x 2325
- Legal Assistance
Kings County Area
Agency on the Aging 1-800-510-2020
- Property Tax Postponement 1-800-952-5661
- Senior Citizen
Property Tax Assistance 1-800-852-5711

- State Bar of California 1-800-843-9053
(Handles complaints against attorneys)
- Volunteer Income Tax Assistance 1-800-522-5665
(Tax counseling for the elderly)

SENIOR CENTERS, CLUBS & PROGRAMS

- Hanford Veterans/Senior Programs 1-559-585-2531
- Kings Senior Day Care Center 1-559-582-3211 x 2841
- Lemoore Recreation Department 1-559-924-6767
- Lemoore Senior Citizens 1-559-924-7791

TRANSPORTATION SERVICES

- Amtrak 1-800-872-7245
- Corcoran Dial-A-Ride 1-559-992-2151
- Greyhound Bus Lines 1-559-584-6957
- Kings Area Rural Transit (KART) 1-559-584-0101
(Provides discount transportation for seniors and
door-to-door service for qualified disabled)
- Orange Belt Stage Lines 1-559-584-6957

VOLUNTEER SERVICES

- Community Based Service Foster Grandparent program
Kings/Tulare Area Agency on Aging 1-800-510-2020
- Retired and Senior Volunteer Program (RSVP)
Kings/Tulare Area Agency on Aging 1-559-582-3211
- United Way Kings County 1-559-584-1536
- YMCA 1-559-584-9622

*In case of an emergency,
act as quickly as possible. If you need help,
dial 911. After you have talked to the person
who answers, do not hang up the phone
so that your location can be quickly traced.*